



# Improving wellbeing by reducing MSK pain

## Good Boost Aqua- Vale of Glamorgan

As part of a national Musculoskeletal (MSK) Hubs project, Barry Leisure Centre was transformed into a community MSK Hub, providing local communities with therapeutic Good Boost rehabilitation exercise programmes, social MSK sessions and online MSK Nutrition courses to support reducing MSK pain and inflammation.

350 hours of Good Boost sessions at Barry Leisure Centre have supported 72 individuals with an improvement in their pain and mobility, increasing their activity levels and improving their overall well being.

Through collaboration with Barry Physiotherapy Hospital, ESCAPE-pain, the National Exercise Referral team, Vale of Glamorgan Council, local community groups and GP surgeries, we have had over 100 referrals into the MSK Hub at Barry.



# MSK Hub Impact

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A dedicated team involving an MSK Coordinator, Good Boost facilitators and Arthritis Action facilitators, have prioritised healthcare practitioner and community stakeholder engagement to enable accessible community MSK support.

*"I had a full hip replacement and experienced issues with my knees. I was desperate to go back to work but was not able to until I could walk and bend unaided. I've been attending Good Boost Sessions for 15 weeks and last week I managed to walk across the pool side unaided! I have been able to return to work thanks to the Good Boost Programme at Barry."*  
- Rachel (nurse)

*"I've been coming to the Goodboost aqua sessions and have found the mobility in my hips has improved, making walking easier and improving my energy levels. With living on my own, this has made me feel much better both physically and mentally."*  
- Sheila, 83

*"I have arthritis in my spine and always wanted to exercise but didn't know where to start. Due to my lack of exercise, I suffered weight gain which affected my mental health and confidence. Walking through the doors at Barry was such a big hurdle for me. I am now able to move better with a lot less pain."*  
- Rhianno (participant)



# MSK Hub Impact

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“Early in 2024 I was diagnosed with arthritis (moderately severe) in my left hip and referred to an NHS physiotherapist.

I was recommended several programmes, one of which was Good Boost. As I was not walking at the time I tried several programmes but did not get on well with the Good Boost Land Sessions.

From my very first Good Boost Aqua session I knew I had found the right programme for me. The exercises are tailored, enjoyable and although individual, being part of the Class is fun and I have made friends.

I have been attending Good Boost Aqua 2-3 times a week since August 2024. In January 2025 my Physio reassessed my range of movement in my hip and advised me that my hip is stronger and the mobility has increased 30%.

In myself, my hip feels stronger, my mobility has improved (I can walk further) and my pain has decreased.

I would thoroughly recommend Good Boost Aqua to anyone with joint problems or anyone who finds land-based activity difficult.

Genette Webster

To find out more and to get involved in your local MSK Hub visit [www.Leisurecentre.com/MSK](http://www.Leisurecentre.com/MSK) or email the MSK Coordinator at Barry Leisure Centre [lisa.david@legacyleisure.org.uk](mailto:lisa.david@legacyleisure.org.uk)

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